

Commission on Aging
April 28,2022,at 9:30 p.m.
Virtually Via Zoom

Board Members : Wayne Berman, Neal Brown, Virginia Cain, Elizabeth (Betsy) Carrier, Jean Dinwiddie, Joyce Dubow, David Engel, Nkiru j. Ezeani, Morris Klein, Kendell Matthews, Nanine Meiklejohn, Helen (Laurie) Pross, Edgar Rivas, Beverly Rollins, Barbara Selter, Mary Sweeney, Marsha Weber, T. Ryan Wilson, Arthur Williams, Janice Zalen **Alumni:** Dick Jourdenais, Austin Heyman, Noella Heyman **Liaisons:** Denise Isreal, Sara Swarr, Marcia Pruzan, Phoebe Shih **Staff:** Odile Brunetto ,Dr. Patrice L. McGhee, Shawn Brennan, Tremayne Jones
Guest: Rachel Bartolomei **Guest Speaker:** Susy Murphy, Aging Well Eldercare Associates
Absent: Dr. Arunima Ghosh, Rev. Dr. Ruby Moon, Sibon Ncube, Karon Phillips, Kate Smith, Tho Tran, Hillery Tumba

Welcome- Barbara Selter, Chair

- Roll Call- Edgar Rivas

AAA Director updates- Dr. Patrice McGhee, Director Area Agencies on Aging

- About the American Rescue Plan Act (ARPA) funds: waiting for MDOA to give information on project scope and budget. The Montgomery County Office of Procurement will need to approve the project. She will share information with CoA once it is approved.
- Home Care Community Services Task force
The Co- chairs are Professor Dr. Monique Davis from Montgomery College and Cynthia Grissom from Workforce Montgomery, Barbara Selter and Eddie Rivas are also members. The taskforce held a meeting on March 31st that went very well. The group will split into four subgroups: Career Path- Including training, recruitment, mentorship, and internship – led by Monique Davis; Communication -led by Asha Hamilton; Wages & Benefits – led by Patrice McGhee; and Partnerships & Working Conditions – to include technology and translation -led by Cynthia Grissom.
- Questions
 - Nursing Home Inspections: Dr. McGhee said there have not been any annual inspections, inspections have only been because of complaints.
 - Telehealth Survey: Dr. McGhee said there is a focus group and they conducted a telehealth survey and have received the results. They will compile the data and share the results, and recommendations, which may influence the ARPA and tech projects.
 - Arthur Williams asked Dr. McGhee to give him a call.

Presentation on Aging Life Care Management - Aging Well Eldercare Associates formerly (Debra Levy Associates Eldercare) Susy Murphy, Executive Director

- Ms. Murphy's presentation is available on the Commission's website.
- To pay for care older adults, use long term health care insurance, reverse mortgages, veterans' benefits, life insurance policies, support from families. It is very costly, ranging from a low of \$4000 (assisted care) to a high of \$23,000/month (for 24/7 care).
- We assess the client and finances (do they need 24/7 care, memory care, assisted living or in home care?) We do our best to make the right fit for the right person.
- Get in touch: 301.593.8558 or info@care-mangers.com

Liaison Updates- Liaisons from Other Boards and Commissions and CoA commissioners to other Boards and Commissions

- Sara Swarr- Recreation and Parks
 - Longwood Community Center will open their doors on May 16th and to the community on May 21st. On June 6th they will have a week of activities for seniors from 9:00am to 4:00pm.
 - In June they will have two sessions of Senior summer camps (Long branch from June 21-24 and Damascus from June 23-29). The fee is \$24. There will be fun activities including painting classes, field trips, dancing, board games, and arts and crafts. On June 22 they are planning a B-B-Q for older adults at Smokey Glen from 10 am- 2 pm. Seniors will need to register for the event. Buses will pick seniors up from the various community centers.
 - New Silver Spring Center –new location in downtown Silver Spring is being built. The recreation department will have two levels, an aquatic pool in the basement and rooms on the entrance floor with space for meetings and planning for senior activities. The ten levels above will be for senior apartments.
- Denise Isreal – Dept. of Transportation
 - On Ride on Buses, masks are encouraged but not required and masks are available on the buses.
 - The Department of Transportation had a table at the Brookside Greenfest event great turn out.
 - May 5th they will have a table at the Active Aging Expo.
 - May 12th they will have a translator working with Vietnamese older adults.
 - Rapid Transit for Bethesda: input from the community on routes and information is due April 29.
- Marcia Pruzan- Senior Fellow
 - Age friendly is actively involved in ten workgroups. They are working on a progress report reflecting the last three years which will reflect accomplishments, where they are now, and plans. The goal is to have this done by the middle of June.

- Marcia is actively engaged in planning for an October 12th regional effort with the four other regions (DC, Hyattsville, Alexandria, and Arlington) with the Center on Aging, Health and Humanities at GW University. The four topics for the October event will be transportation, specifically vision zero; the long-term care workforce; multi-purpose housing; and emergency preparedness and resilience, with a focus on the 311 system.
- Phoebe Shin- Asian American Health Initiative
 - She collaborates with community-based organizations to better meet the needs of groups and individuals.
 - Will participate in the Active Aging Expo on May 5 and an international group in June.
 - They had a memory loss presentation at which 44 seniors attended (April 21). This tells us how much our seniors enjoy the presentations.
 - There will be a Germantown celebration in the spring to share resources, enjoy fun activities. Will send flyer to CoA.
- Kendell Matthews, CoA Liaison to Recreation and Parks
 - Wheaton stables are being reviewed for renovation, remodeling or rebuilding for other usage. The stables provide engaging programming for students with disabilities. This is the only program like this in the county.
 - Winter sport events went well, and spring sport are underway
 - There are 35 Pickleball courts in down county. Now looking to turn some up county tennis courts into Pickleball courts.
 - Adult Activities that were phenomenally successful: Appetizers in the Park and Cocktails in the Park.

Commission on Aging Business

- Approval of March 2022 minutes
 - The March 2022 minutes were approved
 - Motion of consent to ratify the Sandy Spring letter and Fact Sheet
 - Motion passed
- **Chairman's Report**
 - No update yet on ARPA funding.
 - Home and Community- Based Services Workforce Taskforce
 - The taskforce held a meeting on March 31st that went very well. The next meeting is on March 31st.
 - Public Forum update – sign-up- Jean
 - Would like all commissioners to sign up for a job. Emails will be sent and we will try to match job assignments with talents. Masks are encouraged to wear but not required.

- Report on Community for Life Award-Wayne
 - The two awardees are Marica Pruzan and The Senior Nutrition Program. The awards will be presented before the afternoon session begins.
- Report on Budget Hearing Testimony
 - They discussed issues that people are facing: Covid, food issues, raising prices and school age children not keeping up to speed. A suggestion from the group was CoA might initiate an intergenerational program to assist the school system.
- Administrative Changes from Shawn-need to ratify email votes after the fact during meeting.
 - The Maryland Open Meeting requires that agendas and meeting minutes of public meetings be posted for five years, which also includes recorded minutes.
 - Montgomery County has over 60 Boards and Commissions
 - County Staff should be the ones to download the documents
 - The COA will be able to use the personal Zoom account through the end of 2022. In 2023, A+D staff will setup the meetings.
- July Budget Meeting
 - Budget Meeting Process (1) Co-Chairs prepare a list of no more than five priorities for the budget meeting. (2) Co-Chair send budget list to Public Policy committee (3) Co-Chairs present for five minutes each (max) (4) Barbara and Shawn will create the poll. (5) Commissioners will vote on budget priorities in August.
- Report from Public Forum Working Committee / Reminder to sign up- Jean and Marsha
 - They will send out emails to those who have not sign up.
 - The forum will be in-person and hybrid.
- Board member recruitment, reappointment letter reminder
 - 3 expiring members in January – Neal, Hillery, Nanine
 - 7 incumbents must reapply – Arunima, Mary, Wayne, Jean, Beverly, Barbara and, Arthur
 - Volunteers to serve on recruitment committee are **Marsha, Kendell, and Janice**. Betsy also volunteered. Shawn informed us that the committee limit is only three members. Barbara suggested that Betsy can serve on this committee next year.
- Reports on County Council Visits
 - Hucker no show ,staff member in his place
 - Navarro no show Chief of Staff in her place, talking points housing for senior, Design for Life

- Discussion to develop a letter of our disappointment that they did not come to the scheduled appointment with CoA member.
- Motion passed to prepare and send the letter.
- Approval to ratify email votes
 - Sandy Spring Village /Design for Life Letter
 - AF-CoA Fact Sheet
 - Motion passed to ratify and letter and fact sheet.

Committee Reports

- Health and Wellness- Marsha /Neal
 - New topic: “Preparing for Life Transitions as We Age” such as health, finance, social activities, housing etc.
 - A fact sheet will be developed.
- Age in Community- Wayne, Mary
 - Next meeting Tech task force will focus on issues such as affordable broadband services to lower income areas, how to use smartphones, tablets, laptops. May 12th, the meeting topic will be transportation including guest speakers.
- Public Policy
 - They discussed the legislation passed this fiscal year. Shawn and Morris put together a list of the bills. Commissioners wrote seven letters in support of the bills, in addition to other advocacy letters.
 - Suggestion: Nursing Home Inspection issue needs to remain a priority.
- Communication
 - 50+ in Montgomery County: Taping on April 29 will be on Native Plants of Maryland and Master Gardener tips.
 - Plan a press release re: Lifetime Award and CoA.
 - Continue to place materials for older adults in libraries.
 - Considering an ambassador program as a means of informing the community about activities for older adults.
 - Talking about coordination between websites or creating a database of contacts at independent living organizations in Montgomery County and CCRCs.
 - Diane Rehm of NPR twill be guest speaker for the 50+ in June the topic is End of Life.
 - Art made a request to send a birthday card to his wife who will be 80 years young on June 2.
- New Business

- Katie Smith is ill and back home. Her mother is with her as she recovers. Katie received the flowers from the CoA. If you like, please send her a card. She should be back in August.

Adjourn: Motion to adjourn at 11:54 am. Motion passed.

- Action Items
 - Commissioners to sign up for a job at Public Forum
 - Reminder Commissioners' reappointment letter due April 29,2022
 - Letter to councilmembers Huckler and Navarro
 - Volunteers to serve on member recruitment committee are **Marsha, Kendell, and Janice**